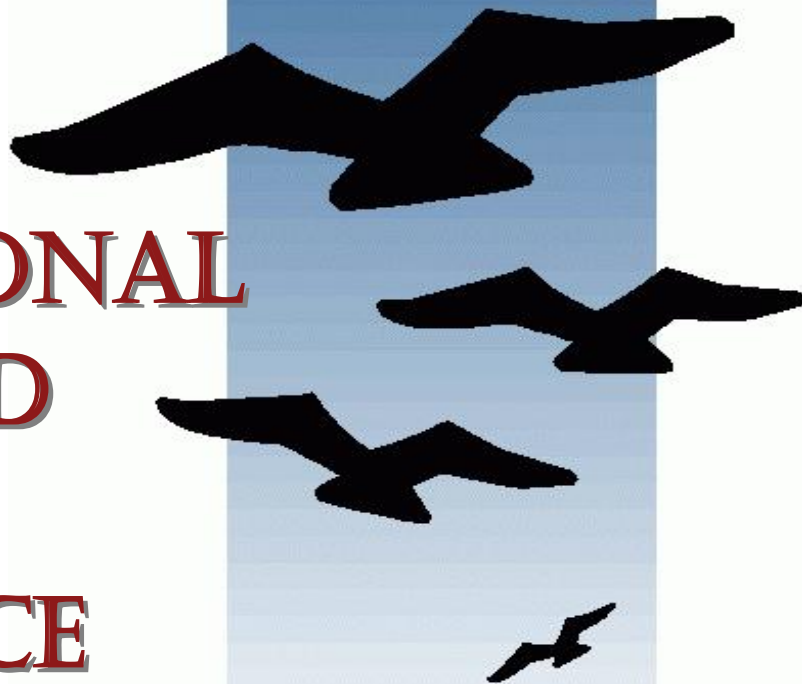


18TH ANNUAL VIRGINIA OCCUPATIONAL SAFETY AND HEALTH CONFERENCE



"Soaring to New Heights with Safety and Health"

**ARE YOU A VSAOHN MEMBER? COME LEARN
HOW TO ESTABLISH YOUR PROFESSIONAL
WORTH AND BRAND—EARN CEUS!
OCTOBER 8 –9, 2013**

**ATTEND THE
10-HOUR OSHA
GENERAL INDUSTRY
OR
CONSTRUCTION
IT'S FREE!!!**

OCTOBER 9-11, 2013

**EMBASSY SUITES
HAMPTON ROADS – HOTEL, SPA
& CONVENTION CENTER
HAMPTON, VIRGINIA 23666**

**PRESENTED BY THE VIRGINIA DEPARTMENT OF LABOR AND INDUSTRY
IN COOPERATION WITH THE
VIRGINIA STATE ASSOCIATION OF OCCUPATIONAL HEALTH NURSES**

VSAOHN & VOSH

JOINING HANDS TO IMPROVE THE HEALTH AND SAFETY OF OUR COMPANIES

Tuesday, October 8, 2013

10AM – 12:30PM **VSAOHN Board of Directors Meeting**

Refreshments—

Registration Sign in for VSAOHN Conference

1PM—2PM

The Value Proposition: Proving Our Worth

Mary Lou Wassel, RN, COHN-S/CM, ARM, CSP
Manager, Occupational Health Programs
MeadWestvaco
CEUs pending

Break/Refreshments

2:15PM –3:15PM

It's a Hard Habit to Break.... Smoking Cessation. A Wellness Program You Can Teach to Help Reduce Your Companies' Penalties Under the Affordable Care Act

Pam Carter, RN, COHNS, FAAOHN
President, AAOHN
Environmental Health and Safety Manager,
Daikin McQuay
CEUs pending

Break/Refreshments

3:30PM—5PM

VSAOHN Membership Meeting

5:30PM—7PM

Dinner and Speaker What's Your Personal Brand?

Sharon Elliott, RN, BSN, COHN-S/CM
Occupational Health Nurse UPS
CEUs pending

Wednesday, October 9, 2013

9 —10AM

International Travel Preparation, Immunizations, Emergency Planning, and Post Travel Evaluation

Joseph J. Mignogna, MD, MPH, CIME, FACOEM
Chief Medical Officer for Comprehensive
Health Services Inc., Medical Director for
their full service Occupational Medicine
and Environmental health practice in
Cape Canaveral, Florida
CEUs pending

***This session begins the VOSH Conference
and is open to both VOSH & VSAOHN attendees.***

THE VALUE PROPOSITION: PROVING OUR WORTH

MARY LOU WASSEL, RN, COHN-S/CM, ARM, CSP

In a global economy with many priorities vying for limited human and financial resources, it is critical for professionals in all departments to use data to demonstrate their value to the corporate mission. This session will focus on practical strategies for occupational health service professionals to quantify their worth to the company's bottom line.

IT'S A HARD HABIT TO BREAK....

SMOKING CESSATION

PAM CARTER, RN COHNS FAAOHN

Learn about a current project addressing smoking cessation that resulted in the development of new and updated resources to deliver smoking cessation programs. This project is the work of Legacy and the American Association of Occupational Health Nurses (AAOHN). Legacy is the Washington, DC based national public health charity dedicated to building a world where young people reject tobacco and anyone can quit smoking. AAOHN is the professional association for occupational health nurses that are dedicated to advancing the health, safety, and productivity of domestic and global workforces by providing education, research, public policy, and practice resources for occupational and environmental health.

WHAT'S YOUR PERSONAL BRAND?

SHARON ELLIOTT, RN, BSN, COHN-S/CM

Sharon will lead you through a time of understanding yourself and your reflection on others. What is your personal brand? What's the value in a personal brand? Are you putting your exceptional self forward? Participants will learn how to develop an individualized personal brand.

VSAOHN SPEAKERS

THE VALUE PROPOSITION: PROVING OUR WORTH

MARY LOU WASSEL, RN, COHN-S/CM, ARM, CSP



Mary Lou Wassel is board certified in occupational health nursing and case management through ABOHN. She is a former Chair of the Board of Directors for ABOHN and a former Director of Professional Affairs for AAOHN. She has received the designation as an Associate in Risk Management from the Insurance Institute of America and her certification as a safety professional from the Board of Certified Safety Professionals. Mary Lou was the lead author of the chapter on Disability Case Management in the 2nd and 3rd Editions of the AAOHN Core Curriculum in Occupational Health Nursing. She is also a retired Captain in the Navy Nurse Corps. For the past six years, Mary Lou has been employed as the Global Manager, Occupational Health Programs for MeadWestvaco Corporation and works at the Global Headquarters in Richmond, Virginia.

IT'S A HARD HABIT TO BREAK....SMOKING CESSATION

PAM CARTER, RN COHNS FAAOHN



Ms. Carter is a certified occupational health nurse and has worked in the field of Environmental Health and Safety for 27 years. She is currently President of the American Association of Occupational Health Nurses. Pam has worked for R.R Donnelley & Sons, Martha Jefferson Health Services, Albemarle County and General Electric. Currently she is the EHS Manager for Daikin McQuay in Staunton, VA. She was also Past President of Virginia State Association Occupational Health Nurses (VSAOHN), and President of the VSAOHN Central Region.

WHAT'S YOUR PERSONAL BRAND?

SHARON ELLIOTT, RN, BSN, COHN-S/CM



Sharon has been an occupational health nurse for 25+ years in both the manufacturing industry (Reynold's Metals and Alcoa) and transportation. She has been employed by UPS since 2007.

She will graduate in December 2013 with a masters degree in Human Services - Executive Leadership and has a heart to work with others holistically.

VSAOHN REGISTRATION FORM

(IF YOU ARE NOT ATTENDING ANY OF THE VSAOHN EVENTS PLEASE USE THE FORM ON PAGE 13)

Name _____ Title _____
 Company Name _____ Address _____
 City _____ State _____ Zip Code _____ Phone () _____
 Fax () _____ E-mail: _____

VSAOHN CONFERENCE

REGISTRATION FEE:
VSAOHN MEMBERS
 \$60

VSAOHN CONFERENCE

REGISTRATION FEE:
NON-MEMBERS
 \$60

3- DAY VOSH CONFERENCE

REGISTRATION FEE:
VSAOHN MEMBERS

■ Now to Sept. 20 - \$165
 REGISTRATIONS WILL NOT BE
 ACCEPTED IN-HOUSE AFTER
 SEPT. 20, 2013.

ONE DAY ONLY VOSH CONFERENCE REGISTRATION FEE

VSAOHN MEMBERS

■ Now to Sept. 20— \$100
ONE DAY ONLY REGISTRATIONS
WILL NOT BE ACCEPTED ONSITE.

Please circle the sessions you are planning to attend below. Refer to the conference agenda for information. If you are not planning on attending any of the sessions on a particular day, simply put "N/A" at the end of the row for that particular day. For One Day Only attendees please check only those sessions you plan to attend on the specified day.

Wed., October 9, 2013, 2:15 pm	1	2	3	4	5	6
Wed., October 9, 2013, 3:35 pm	1	2	3	4	5	6
Thurs., October 10, 2013, 8:00 am	1	2	3	4	5	6
Thurs., October 10, 2013, 10:20 am	1	2	3	4	5	6
*Thurs., October 10, 2013, 1:00pm	1	2	3	4	5	6
Fri., October 11, 2013, 8:30 am	1	2	3	4	5	6
Fri., October 11, 2013, 9:40 am	1	2	3	4	5	6

* **NOTE: The sessions on Oct. 10 at 1pm are special expanded classes.**
They run from 1pm to 4:45pm.

Attending the VSAOHN Conference Only ? ☐

Attending VOSH Conference for One Day Only?

Please check the day below and make your session selections for the day above.

☐ Wed., Oct. 9

☐ Thurs., Oct. 10

☐ Fri., Oct. 11

I need a Vegetarian Meal ☐

VSAOHN members should send their registration form with check payable to VSAOHN to:
 Beth Negron, 1208 Windsor Lane, Staunton, VA. 24401 by **September 20th.**

VSAOHN Conference - member fee: \$60

VSAOHN Conference - nonmember fee: \$60

VSAOHN member - VOSH conference fee (3 days) Oct 9th-11th: \$165

VSAOHN member—VOSH Conference (One day only) — \$100

Total fees _____

Questions? Contact Dana Bennett, VSAOHN President at 804-201-1007

THE 18TH ANNUAL OCCUPATIONAL SAFETY AND HEALTH CONFERENCE OF THE VIRGINIA DEPARTMENT OF LABOR AND INDUSTRY

.....soaring to new heights with safety and health

This year the Virginia Department of Labor and Industry in cooperation with the Virginia State Association of Occupational Health Nurses (VSAOHN) will present the Virginia Occupational Safety and Health Conference to help educate employers and employees in developing safe and healthy work environments and to provide affordable safety and health training opportunities to employers, employees, and safety and health professionals. The conference, being held October 9-11, 2013, at the Embassy Suites, Hotel, Spa & Convention Center in Hampton, Virginia, offers one of the most exciting workplace safety, health and educational events ever offered!



This year's conference will feature keynote speaker John Henshaw, former Assistant Secretary of Labor for the Occupational Safety and Health Administration (OSHA). Also on hand will be general session speakers David Fialkov, an associate with Steptoe & Johnson LLPs Washington office, where he is a member of the Regulatory & Industry Affairs Department and J.A. Rodriguez, Jr., CSP, SGE, Founder and CEO of Make My Day Strategies, LLC and senior manager for a Fortune 100 Company. with 27+ years of experience and an inspiring expert at management system analysis.

The OSHA 10-Hour Courses in General Industry and Construction will be offered for free this year. Those completing the 10-Hour course will receive a 10-Hour OSHA completion card in either General Industry or Construction. Seating is limited. With 36 dynamic, concurrent sessions and six expanded sessions that run for approximately four hours each, you will hear powerful educational messages and learn from knowledgeable speakers with expertise in the fields of safety, health, human resources, construction, and healthcare to name a few. So whether you are an industry newcomer, a seasoned professional, or somewhere in between, the VOSH Conference can help you reach new heights of knowledge and empowerment for long term success!



Each year brings new and previous exhibitors to the VOSH Conference, providing a casual business setting and a unique opportunity for you to network and learn about innovative technology and services to strengthen your safety and health management system. With 35 exhibitors featuring the latest safety, PPE, construction and health related products and services, you just can't miss!

VOSH PRE-CONFERENCE WORKSHOPS

NEW TIME!

DRIVE SMART VIRGINIA

OCTOBER 9, 2013 ♦ 8AM –11AM (OPEN TO ALL! NO REGISTRATION REQUIRED!)

TRAFFIC SAFETY STRATEGIES FOR THE WORKPLACE

Whether you worry about employees driving to work or employees who drive for work; your business, company or agency should have a cell phone policy for employees. Studies show that 80% of crashes involve some form of distracted driving within three seconds of the crash. The most dangerous part of any employees' day is the time they spend behind the wheel. How do you get employees to concentrate on safe driving when they're on the job? Do the workers at your shop always wear their seatbelts?

You've got questions, we've got answers and strategies on traffic safety that will help you increase safety and decrease liability. Join DRIVE SMART Virginia for exciting new information, ideas, and tips on how to make your employees better, safer drivers.

VIRGINIA STATE ASSOCIATION OF OCCUPATIONAL HEALTH NURSES WORKSHOP

OCTOBER 9, 2013 ♦ 9AM –10AM (OPEN TO ALL! NO REGISTRATION REQUIRED!)

INTERNATIONAL TRAVEL PREPARATION, IMMUNIZATIONS, EMERGENCY PLANNING, AND POST-TRAVEL EVALUATION

Presented by: Joseph J. Mignogna, MD, MPH, CIME, FACOEM, Chief Medical Officer for Comprehensive Health Services, Inc. and the Medical Director for their full service Occupational Medicine and Environmental health practice in Cape Canaveral, FL

Besides business, civilians travel internationally for a variety of reasons including ecotourism, studying abroad, visiting friends and relatives, adventure, mission work, or responding to an international disaster. This session includes an interactive discussion of travel related risk assessment and education, immunizations and chemoprophylaxis, emergency preparedness, common travel related health conditions, and post-travel evaluation. Attendees will learn how to make the pre-travel health consultation an integral part of their travel plans. CEUs pending for VSAOHN members.

ASBESTOS ABATEMENT:

OCTOBER 9, 2013 ♦ 9AM –11AM (OPEN TO ALL! NO REGISTRATION REQUIRED!)

This workshop will be presented by the Virginia Departments of Labor and Industry. The asbestos workshop will be inclusive of the asbestos construction standard 1926.1101, and the asbestos general industry standard 1910.1001 Neshap EPA regulations National Emission Standard for Hazardous Air Pollutants. Discussion will also cover the requirements for these regulations and information on the lead standard 1926.62

MAJOR CONTRIBUTORS

- VIRGINIA STATE ASSOCIATION OF OCCUPATIONAL HEALTH NURSES
- CENTRAL VIRGINIA SECTION OF THE AMERICAN INDUSTRIAL HYGIENE ASSOCIATION
- COLONIAL CHAPTER OF THE AMERICAN SOCIETY OF SAFETY ENGINEERS
- DRIVE SMART VIRGINIA

KEYNOTE AND GENERAL SESSION SPEAKERS



KEYNOTE ADDRESS—

JOHN HENSHAW, MPH, CIH, FORMER ASSISTANT SECRETARY OF LABOR FOR OSHA

“CURRENT ISSUES IN SAFETY AND HEALTH”

OCTOBER 10, 2013 ♦ 9:20AM

John Henshaw is a health and safety professional with over 35 years' experience in industrial hygiene, safety, environmental health, and quality assurance. He is currently Senior Vice President & Managing Principal - Industrial Hygiene and Safety for Cardno ChemRisk, a consulting firm that specializes in industrial hygiene, exposure assessment, safety, human and ecological risk assessment and risk analysis of consumer products, contaminated sites, pharmaceuticals, and medical devices. Prior to joining Cardno ChemRisk, Mr. Henshaw was President of Henshaw and Associates, Inc., a successful consulting firm specializing in occupational safety and health issues. He also served as the Assistant Secretary of Labor for the Occupational Safety and Health Administration (OSHA) from August, 2001 through December 31, 2004. Prior to becoming the OSHA administrator, he served as Director of Environment, Safety, and Health for Astaris LLC, a joint venture between Solutia and FMC Corp., and, prior to that, he held similar positions at Solutia, Inc. and Monsanto Company in St. Louis, Missouri.



DAVID FIALKOV, STEPTOE & JOHNSON, LLP

“THE EFFECTS OF THE PATIENT PROTECTION AND AFFORDABLE CARE ACT ON INDUSTRY, GOVERNMENT AND YOU”

OCTOBER 9, 2013 ♦ 1:15PM

David Fialkov is an associate with Steptoe & Johnson LLPs Washington office, where he is a member of the Regulatory & Industry Affairs Department. Mr. Fialkov works primarily with the Government Affairs & Public Policy Group, where he advises clients on legislative, regulatory, and political issues. His practice involves monitoring and analyzing legislation and developing comprehensive strategies to address legislative and regulatory interests as well as legal concerns. His work includes identifying and advising clients on current regulatory issues and helping clients navigate the legislative, legal, and regulatory processes, focusing on work before the Environmental Protection Agency, Department of Justice, Food and Drug Administration, and the Securities and Exchange Commission.

Most recently, Mr. Fialkov has been involved, on behalf of firm clients, in post-enactment regulatory work related to the implementation of the Patient Protection and Affordable Care Act (PPACA). Specifically, Mr. Fialkov is working with employers, as well as insurance agents and brokers to help those entities understand and comply with their various obligations under the healthcare reform law. This work includes identifying and developing legislative, regulatory, and legal solutions to issues arising under PPACA.



J.A. RODRIGUEZ, JR., CSP, SGE

STRATEGIC TOOLBOX: HOW TO TURN A DEFINITE “NO” INTO A SUSTAINABLE “YES”

OCTOBER 11, 2013 ♦ 10:40AM

J.A. Rodríguez Jr., Senior Manager at Raytheon Intelligence, Information and Services and CEO of Make My Day Strategies LLC is responsible for the development, implementation, and rehabilitation of global environmental, health and safety programs supporting contracts in the billions of dollars.

J.A. is an entrepreneur, a patented inventor, an engineer, a board certified safety professional, a writer for Jennings Wire – The World of Success, EHS Today Magazine and other professional journals, a member of the Industry Advisory Council at Western New England University, an elected Board Member of the National Voluntary Protection Program Participants' Association, a professional member of the American Society of Safety Engineers, author of the book *Not Intuitively Obvious - Transition to the Professional Work Environment*.

His LinkedIn profile was among the top 5% percent most viewed in 2012 among LinkedIn's 200 million members. J.A. was named as one of the 50 people who most influenced EHS in 2012 and 2013 by EHS Today Magazine.

SESSION DESCRIPTIONS

OSHA CONSTRUCTION COURSE 10-HOUR

This course covers OSHA policies, procedures and standards; as well as construction safety and health principles. Topics include scope and application of the OSHA construction standards. Special emphasis is placed on those areas that are the most hazardous, using OSHA standards as a guide. Upon successful course completion, the student will receive an OSHA construction safety and health 10-hour course completion card.

OSHA GENERAL INDUSTRY COURSE 10-HOUR

This course covers the OSHA policies, procedures and standards; as well as general industry safety and health principles. Topics include scope and application of the OSHA general industry standards. Special emphasis is placed on those areas that are the most hazardous, using OSHA standards as a guide. Upon successful course completion, the student will receive an OSHA general industry safety and health 10-hour course completion card.

A DETAILED PRESENTATION OF PROGRAMS TO HELP YOUR COMPANY'S BOTTOM LINE WITH THE PATIENT PROTECTION AND AFFORDABLE CARE ACT

What you can do as a Safety Manager, Human Resource Manager, and Occupational Health Nurse to provide programs to help your company reduce the penalties of the Patient Protection and Affordable Care Act. This session is a detailed follow up from Wednesday's General Session.

CONSULTATION AND YOU

Learn what the Virginia Department of Labor and Industry's Consultation Program can do for your company and the advantages of consultation to help improve and/or maintain a safe work environment. A brief comparison in the difference between compliance and consultation will be given.

DIG WITH C.A.R.E.

This presentation is an overview of the Virginia Underground Utility Damage Prevention Act. Topics covered include Miss Utility ticket information, an explanation of what utility line location markings indicate, and best practices for safe digging.

DROWSY DRIVING

According to the National Highway Transportation Safety Administration, driver fatigue accounts for thousands of traffic crashes, injuries and deaths each year. One study indicates the overall cost of crashes related to drowsiness is estimated at \$43 to \$56 Billion. Do you worry about drivers falling asleep at the wheel? Can you recognize the symptoms of drowsy driving? This session will detail the problem and offer solutions to avoid the effects of drowsy driving.

ERGONOMICS AND THE GRAYING WORKFORCE

The graying workforce is a trend that most corporations *must* address in the near future! This presentation will help you understand this trend, learn of the physical and cognitive changes the body experiences as it ages, and show how ergonomics can be used as a key strategy for coping with this reality. A better awareness of this problem can assist corporations to reduce injuries, increase productivity, and reduce the likelihood of human errors.

IT'S A HARD HABIT TO BREAK...SMOKING CESSATION. A WELLNESS PROGRAM YOU CAN TEACH TO HELP REDUCE YOUR COMPANIES' PENALTIES UNDER THE AFFORDABLE CARE ACT

Learn about a current project addressing smoking cessation that resulted in the development of new and updated resources to deliver smoking cessation programs. This project is the work of Legacy and the American Association of Occupational Health Nurses (AAOHN). Legacy is the Washington, DC based national public health charity dedicated to building a world where young people reject tobacco and anyone can quit smoking. AAOHN is the professional association for occupational health nurses that are dedicated to advancing the health, safety, and productivity of domestic and global workforces by providing education, research, public policy, and practice resources for occupational and environmental health.

SESSION DESCRIPTIONS

LEADERSHIP, TEAMWORK, AND EFFECTIVE COMMUNICATION FOR THE EHS PROFESSIONAL

What makes a great EHS leader? The majority of business executives say that employers want strong leadership and communication skills in their EHS professionals. EHS professionals are expected to protect people, support business and communities by providing leadership to navigate difficult technical issues, and solve problems for the greater good. Constantly changing environments, people, regulations and organizational priorities requires EHS professionals to have a good balance of technical skills, leadership abilities and teamwork. Understanding key principles and building leadership skills are what make the difference in achieving organizational and individual success. This session will provide opportunity for interactive discussion and audience feedback on the topics covered.

LOOKING SHARP – AN INTRODUCTION TO VIRGINIA SHARP

This session covers Virginia's "Safety and Health Achievement Recognition Program" (SHARP), a program that helps smaller employers in high-hazard general industries by providing them with the assistance and incentives to develop, implement, and continuously improve their safety and health programs while working in conjunction with their employees at all levels. Learn about the benefits of becoming a SHARP site, how it can improve your operations, and what it takes qualify.

STRAINS AND THE INJURED WORKER

This session will focus on: First aid—when to worry about big problems first; how to treat simple moderately bad sprains and strains; how to treat severe sprains and strains; and how to get definitive treatments for complicated problems.

TESTIFYING IN COURT

"Two attorneys, a certified industrial hygienist and court reporter walk into a bar – make that a conference room – and only three come out 10 hours later: who's left behind? Hear two attorneys and a CIH well-seasoned in providing sworn testimony review the "do's and don'ts" of being called to testify in occupational safety and health-based litigation. Using a mock deposition to demonstrate their insights, they will offer tips for fact witness testimony and discuss how records and preparation can help make or break the testimony process and outcome."

TEXTING AND DRIVING AND CELL PHONE LAWS

Did you know that when you text and drive, you increase your crash chance 23 times? Every day 1,060 people are injured in distracted driving crashes. 25% of all crashes involve texting while driving. In Virginia, it's now a primary offense to text and drive. If you're caught you could face a \$125 fine. The law is different for commercial drivers. We'll help explain the differences and offer some tips on staying safe behind the wheel.

TRENCHING AND EXCAVATION SAFETY

This session will discuss protective systems, a brief overview of OSHA's trenching standard, the dangers of working with various soils and other topics raised by participants.

VOLUNTARY PROTECTION PROGRAM: IS YOUR COMPANY READY?

This session will present an overview of the required elements for participation in the Virginia Voluntary Protection Program. The presenters will give an overview of their companies' efforts in applying for the VPP STAR designation and provide insights into their site's experience after successfully achieving VPP STAR status.

CEUs will be provided

18TH ANNUAL VIRGINIA OCCUPATIONAL SAFETY & HEALTH CONFERENCE AGENDA

OSHA 10-Hour Courses

■ General Industry

■ Construction

Each course will start on Tuesday, October 8, 2013 and run through mid-day on Wednesday, October 9, 2013.

The courses will begin promptly at 7:30 AM on both days.

Course Attendance:

Students are expected to attend all sessions/length of course. Those who do not attend the entire length of the course will not receive a course completion certificate/ card.

Students will be required to sign-in upon arrival on Tuesday, October 8, after return from lunch on Tuesday, October 8 and upon arrival on Wednesday, October 9.

Sign in will begin promptly at 7 AM on both days.

Each 10-Hour Course is limited to 40 students per course.

Wednesday, October 9, 2013

9:00 AM **Registration Open**

8 – 11 AM **DRIVE SMART Virginia –**
Traffic Safety Strategies for the Workplace - Janet Brooking, DRIVE SMART Virginia and Rob Richardson, DRIVE SMART Virginia

9:00 AM **Exhibits Open**

9-11 AM **Asbestos Workshop -**
Asbestos Abatement: Richard Wiggins, VOSH Compliance, Roanoke Office, DOLI

9-11 AM **VSAOHN Health Workshop -**
International Travel Preparation, Immunizations, Emergency Planning, and Post-Travel Evaluation—Joseph J. Mignogna, MD, MPH, CIME, FACOEM, Chief Medical Officer for Comprehensive Health Services, Inc.

11:45 AM **Opening Remarks**
William Burge, Acting Commissioner, DOLI
Warren Rice, Consultation Program Manager, COOP Coordinator, DOLI

Honor and Acknowledgment:
Nancy Jakubec
Carolyn Procise
Jennifer Wester
Iva Wilkerson

12:00 PM **Lunch**

1:15 PM **General Session -**
"The Effects of the Patient Protection and Affordable Care Act on Industry, Government and You"
David Fialkov, Steptoe & Johnson, LLP

2:15 PM **Sessions**
1. **EM 385** – Anna Jolly, JD, CHMM, Circle Safety & Health Consultants, LLC
2. **Texting and Driving and Cell Phone Laws** — Rob Richardson, DRIVESMART Virginia
3. **Recordkeeping**—Justin Paxton, Consultation, Roanoke Office, DOLI
4. **Work Place Violence**—William Ingram, Cargill
5. **Employee Involvement in Safety** —TBD
6. **When OSHA Knocks...the Legal Perspective** — Courtney Malveaux, Esq.

3:15 PM **Break**

3:35 PM **Sessions**
1. **A Detailed Presentation of Programs to Help your Company's Bottom Line with the Patient Protection and Affordable Care Act** — David Fialkov, Steptoe & Johnson, LLP
2. **What to Expect, VOSH Inspection** — Richard Kennedy, Norfolk Office, DOLI
3. **Testifying in Court** – Christopher J. Chapman, CIH, ECS Mid-Atlantic LLC and Christopher G. Hill, LEED AP
4. **What Did I Just Sign? - Legal Liabilities When Signing a Document** — TBD
5. **Effects of Drowsy Driving** – TBD
6. **Dig with C.A.R.E.**—Jennifer Menke, Virginia 811

5:00 PM **Reception in Vendor Area**

Thursday, October 10, 2013

8:00 AM **Sessions**
1. **Storage Rack Safety** - Fredda Jernigan, VOSH Compliance, Norfolk Office, DOLI
2. **It's a Hard Habit to Break....Smoking Cessation. A Wellness Program You Can Teach to Help Reduce Your Companies' Penalties Under the Affordable Care Act** — Pam Carter, RN COHNS FAAOHN, Daikin McQuay
3. **NFPA and OSHA** - Anna Jolly, JD, CHMM, Circle Safety & Health Consultants, LLC

18TH ANNUAL VIRGINIA OCCUPATIONAL SAFETY & HEALTH CONFERENCE AGENDA

4. **Ergonomics and the Graying Workforce** –
Tim McGlothlin, The Ergonomics Center
of North Carolina
5. **Workplace Disaster Recovery (COOP)** - Warren Rice,
Consultation Program Manager, COOP Coordinator
6. **Haz-Com Changes and Terminologies**—
Justin Paxton, Consultation, Roanoke Office, DOLI

9:00 AM Break

- 9:20 AM **Keynote Address**
**John Henshaw, Former Assistant Secretary
of Labor for OSHA** —
“Current Issues in Safety and Health”

10:20 AM Sessions

1. **Storage Rack Safety** - Fredda Jernigan, VOSH
Compliance, Norfolk Office, DOLI
2. **Ergonomics and the Graying Workforce** –
Tim McGlothlin, The Ergonomics Center
of North Carolina
3. **Consultation and You**—William Groce, Consultation,
Verona Office, DOLI
4. **It's a Hard Habit to Break....Smoking Cessation. A
Wellness Program You Can Teach to Help Reduce
Your Companies' Penalties Under the Affordable
Care Act** — Pam Carter, RN COHNS FAAOHN,
Daikin McQuay
5. **Emergency Response Disasters (NIMMS)** -
Warren Rice, Consultation Program Manager,
COOP Coordinator
6. **Haz-Com Changes and Terminologies**—
Justin Paxton, Consultation, Roanoke Office, DOLI

- 11:45 AM **Lunch**
Awarding of Vendor Prizes
VPP Recognition

1:00 PM Sessions (Note: Each sessions last 3 hr & 45 min)

1. **Electrical Safety**— TBD
2. **Ladder and Fall Protection**—TBD
3. **Respirator and Fit Testing** – TBD
4. **IH Sampling and Monitoring**—TBD
5. **Trenching and Excavation**—TBD
6. **Leadership, Teamwork, and Effective
Communication for the EHS Professional**—
Carter Ficklin, NASA Langley Research Center

Friday, October 11, 2013

8:30 AM Sessions

1. **That's the Way I've Always Done It**—
*Understanding How Individual Perceptions of Risk
Develop and Motivating Change for Sustainable
Safety Improvement*—Paul Repak, DuPont—
Spruance Plant, Joseph White, DuPont—Spruance
Plant
2. **Voluntary Protection Program: Is Your Company
Ready?** – Milford Stern, VPP, DOLI
3. **Strains and the Injured Worker** –
N. Michael Baddar, MD, MPH,
I&O Medical Centers/In & Out Express Care
4. **Required OSHA Training in the Workplace** —
TBD
5. **Effects of Drowsy Driving** – TBD
6. **Dig with C.A.R.E.**—Jennifer Menke, Virginia 811

9:30 AM Break

9:40 AM Sessions

1. **Looking SHARP—An Introduction to Virginia SHARP**
Elizabeth Tomlin, Consultation, Verona Office,
DOLI
2. **Texting and Driving and Cell Phone Laws**—
Rob Richardson, DRIVESMART Virginia
3. **Recordkeeping**—Justin Paxton, Consultation
Roanoke Office, DOLI
4. **Work Place Violence**—William Ingram, Cargill
5. **That's the Way I've Always Done It**—
*Understanding How Individual Perceptions of Risk
Develop and Motivating Change for Sustainable
Safety Improvement*—Paul Repak, DuPont—
Spruance Plant, Joseph White, DuPont—Spruance
Plant
6. **Work Place Fatalities**—TBD

10:40AM General Session

*‘Strategic Toolbox: How to Turn a Definite
“No” into a Sustainable ‘Yes’ “*
J. A. Rodriguez, Jr. CSP, SGE
Senior Manager, Environmental Health and
Safety, Raytheon Technical Services
Company, LLC

Awarding of Major Prizes

12:00 Noon Conference Adjourns

General Information

OBJECTIVE

To provide affordable safety and health training opportunities to employers, employees and safety and health professionals.

VOSH CONFERENCE INFORMATION

3- DAY CONFERENCE REGISTRATION FEE:

- Now to Sept, 20, 2013—\$225
- After Sept. 20 — \$325 (Onsite fees apply)
Cash or Check Only

**NO REGISTRATIONS WILL BE ACCEPTED
IN-HOUSE AFTER SEPT. 20, 2013.**

ONE DAY ONLY REGISTRATION FEE:

- Now to Sept. 20, 2013 — \$200
**ONE DAY REGISTRATIONS WILL NOT BE
ACCEPTED ONSITE**

10-HOUR OSHA COURSE REGISTRATION

Attend any one (1) OSHA 10- Hour Course
(General Industry or Construction)

IT'S FREE!!!

**EACH COURSE IS LIMITED TO 40 STUDENTS PER COURSE
FIRST COME, FIRST RESERVED**

**10-HOUR OSHA REGISTRATION
WILL NOT BE OFFERED ONSITE.**

**ALL PAYMENTS MUST BE MADE BY THE
FOLLOWING METHODS:
IAT, CHECK, VISA OR MASTERCARD**

**WE CANNOT ACCEPT AMERICAN EXPRESS
OR PURCHASE ORDERS**

Make checks payable to : Treasurer of Virginia

REFUNDS:

Cancellations must be submitted in writing before close of business Friday, September 20, 2013 in order to receive a refund. An administrative fee of \$25 will be charged for cancellations. Substitution of attendees is allowed but notification must be made by close of business on September 20, 2013. "No shows" will not receive a refund. Any cancellations received after this date are non-refundable. There are no exceptions

VSAOHN MEMBER? See Page 4 for Registration Information

PARKING: Parking is free.

DIRECTIONS? Visit the hotel's website at
www.EmbassySuitesHampton.com.

HOTEL INFORMATION/RESERVATIONS

Hotel Location:

The Embassy Suites Hampton Roads –
Hotel, Spa & Convention Center
1700 Coliseum Drive ♦ Hampton, VA ♦ 23666
757-827-8200

Conference Location:

Hampton Roads Convention Center
1610 Coliseum Drive ♦ Hampton, VA ♦ 23666 ♦ 757-315-1610

ABOUT THE FACILITY



Connected by a covered walkway to the Hampton Roads Convention Center, the Embassy Suites Hampton Roads - Hotel, Spa & Convention Center is a great place to make the most of your stay. Within easy reach of some of the area's largest corporations and most popular attractions, this all-suite hotel has excellent access to I-64 and is less than 20 miles from Norfolk International Airport and the Newport News/Williamsburg International Airport.

Start every day in style with a complimentary cooked-to-order breakfast. Keep active by swimming laps in the indoor pool or by utilizing the fitness center. The adjoining Hampton Road Convention Center features over 160,000 sq. ft. of conference and exhibition space making this the ideal choice as a Hampton conference hotel.



For hotel reservations contact the Embassy Suites Hampton Roads - Hotel, Spa & Convention Center directly. The **non-government rate is \$109 a day for a single or a double, plus tax,**

For **government groups the rate is \$77 a day for a single, \$87 for a double, \$97 for a triple and \$107 for a quadruple, plus tax.**

All Reservations and deposits must be made by Friday, September 6, 2013.

To make reservations:

1. Call the hotel's in-house reservations at 757-827-8200 (after regular business hours you will be transferred to the 800-Embassy number, or
2. Call the Embassy line at 1-800-EMBASSY, or
3. You may go online
www.EmbassySuitesHampton.com.

Enter the dates, then choose "Add Special Rate Codes" then enter the Group Code in the box labeled "Group Code". Group Codes

AVC - for non-government groups

AVP - for government groups

VOSH CONFERENCE REGISTRATION FORM

ATTENTION.....ATTENTION..... REGISTRATIONS WITH PAYMENT MUST BE FAXED TO: (804) 371-7634

Name _____ Title _____

Company Name _____ Address _____

City _____ State _____ Zip Code _____ Phone () _____

Fax () _____ E-mail: _____

Is this your first time attending the VOSH Conference? If yes, please check the box. ☐

3- DAY CONFERENCE

REGISTRATION FEE:

■ Now to Sept. 20 - \$225

■ After Sept. 20— \$325

(Onsite fees apply)

Cash or Check.

**Registrations will not be
accepted in-house after
Sept. 20, 2013.**

ONE DAY ONLY REGISTRATION

■ Now to Sept. 20— \$200

**One Day Only Registrations
will not be accepted onsite.**

10-HOUR REGISTRATION

Attend any one (1) OSHA
10- Hour Course

IT'S FREE

**10-Hour Registrations will not
be accepted onsite.**

ATTENDING VSAOHN CONFERENCE?

See Page 4 to Register

Please circle the sessions you are planning to attend below. Refer to the conference agenda for information. If you are not planning on attending any of the sessions on a particular day, simply put "N/A" at the end of the row for that particular day. For One Day Only attendees please check only those sessions you plan to attend on the specified day.

Wed., October 9, 2013, 2:15 pm 1 2 3 4 5 6

Wed., October 9, 2013, 3:35 pm 1 2 3 4 5 6

Thurs., October 10, 2013, 8:00 am 1 2 3 4 5 6

Thurs., October 10, 2013, 10:20 am 1 2 3 4 5 6

*Thurs., October 10, 2013, 1:00pm 1 2 3 4 5 6

Fri., October 11, 2013, 8:30 am 1 2 3 4 5 6

Fri., October 11, 2013, 9:40 am 1 2 3 4 5 6

*** NOTE: The sessions on Oct. 10 at 1pm are special expanded classes.
They run from 1pm to 4:45pm.**

Attending an OSHA 10-Hour Course? If yes, please check only the course you are attending:

OSHA 10 Hour General Industry Course - Oct. 8-9, 2013 ☐

OSHA 10 Hour Construction Course - Oct. 8-9, 2013 ☐

Attending one day only? Please check the day below and make your session selections for the day above.

☐ Wed., Oct. 9

☐ Thurs., Oct. 10

☐ Fri., Oct. 11

I need a Vegetarian Meal ☐

PHOTOGRAPH RELEASE: By submitting this registration form I grant DOLI, its representatives and employees the right to take photographs and videotape me in connection with the annual VOSH Conference. I authorize DOLI to use and publish the same in print and/or electronically. I agree that DOLI may use such photographs of me with or without my name and for any lawful purpose; including for example such purposes as publicity, illustration, advertising, and Web content.

Paying by check? Make checks payable to : **Treasurer of Virginia**

IAT Coding Information IAT (Inter-Agency Transfer) for State Agencies Only

Transaction Code 136 Agency Code 181 Fund Code 0200 Revenue Source 09004 Project Code 70108 Cost Code 108

Fax IAT registration form to: (804) 371-7634 Attn: Accounting or mail to address below.

Contact Person _____ Phone No. _____ Amount Paid: \$ _____

Federal ID Number: 546001710

ACCOUNTING USE ONLY: FINANCE ID _____ DATE PROCESSED _____

PURCHASE ORDERS AND AMERICAN EXPRESS CANNOT BE ACCEPTED

Payment should be mailed with registration form to:
Virginia Department of Labor and Industry
Attn:: Accounting Dept.—Annual Conference
Main Street Centre, 600 East Main Street, Ste 207
Richmond, VA 23219

CONFERENCE QUESTIONS? (804) 786-5873

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VOSH PAYMENT QUESTIONS? (804) 786-9870

VSAOHN QUESTIONS? (804) 201-1007

REGISTRATION FORM MUST ACCOMPANY PAYMENT



COMMONWEALTH OF VIRGINIA



DEPARTMENT OF LABOR AND INDUSTRY

CREDIT CARD AUTHORIZATION FORM

Non-Fill able Form

This information is confidential. This form will only be kept by the Department of Labor and Industry Finance Department. Please print, complete and submit with applicable documentation. Incomplete forms may be returned for completion, which will delay processing. **(Please Print Legibly)**

Company Name: _____

Federal Employer Identification Number: _____

Name Listed on Credit Card: _____

Cardholder Billing Address: _____

City: _____ State: _____ Zip Code: _____

Contact Daytime Phone Number: () _____

Reference/Invoice/Inspection Number (if applicable) _____ (9 digits)

Credit Card Type: _____ Visa _____ MasterCard (Only Check One)

Credit Card # _____

Expiration Date: _____/_____(Month/Year) Payment Amount: _____

Cardholder Signature _____ Date: _____

I certify that I am the authorized holder and signer of the credit card referenced above. I certify that all information complete and accurate. I hereby authorize the Department of Labor and Industry to process payment for all charges as indicated above. If additional charges are going to be authorized, a new form will have to be completed.

Mail or Fax Completed Form to:

Department of Labor and Industry
Attention: Accounting / Finance

Fax: 804-371-7634

Main Street Centre
600 East Main Street Suite 207
Richmond, VA 23219
Payment Questions: (804)786-9870

FINANCE USE ONLY

PROGRAM:

___ ASBESTOS/LEAD
___ BOILER
___ LABOR LAW
___ APPRENTICESHIP
___ CONFERENCE
___ VOSH
___ FOIA
___ ADMINISTRATION
___ OTHER

FINANCE ID #

DATE: _____

PROCESSED BY: _____